

Student Webinar

On

“Stress and its Management”

Organized By

Mental Well-Being Committee (MWC)
Netaji Subhas Open University (NSOU)

DATE: 14 - 06- 2025

TIME: 3:30 PM - 5:00 PM

Platform: Zoom

Zoom Link: <https://us02web.zoom.us/j/83030927542>

Compere: Smt. Anindita Sarkar, Asst Prof of English Language Teaching, NSOU & Member, MWC

Programme Schedule		
Welcome Address	3:30 p.m. to 3:35 p.m.	Dr. Papiya Upadhyay, Asst Prof. of Education, NSOU & Convener, MWC
Inaugural Address	3:35 p.m. to 3:45 p.m.	Dr. Sudeshna Chatterjee Biswas Joint Registrar (Academics) & Director (Add'l Charge), Study Centre Dept., NSOU
Introduction of the theme and speaker	3:45 p.m. to 3:50 pm	Dr. Ushnish Sarkar, Asst. Prof. of Mathematics, NSOU & Member, MWC
Key Speaker	3: 50 p.m. to 4: 40p.m.	Dr. Abhedananda Panigrahi Coordinator, B.Ed, SoE, NSOU & Member, MWC
Q & A Session	4:40 pm to 4:55 pm	Learners of NSOU & audience
Vote of Thanks	5 p.m.	Shri. Anupam Roy, Assistant Professor of Sociology, NSOU Member, MWC
Rapporteur: Smt. Roshni Mukherjee, PRO, NSOU-Member		

Webinar Organizing Committee

Dr. Sudeshna Chatterjee Biswas, Joint Registrar (Academics) & Director (Add'l Charge), Study Centre-Coordinator

Dr. Monojit Garai - Organizing Secretary

Dr. Premananda Jana, Regional Director, Kalyani RC, NSOU - Member

Shri Prosenjit Bhattachayya, Deputy Director, Durgapur RC, NSOU - Member

Shri Santanu Dam, Deputy Director, Jalpaiguri RC, NSOU – Member

Smt. Roshni Mukherjee, PRO, NSOU-Member

All core members of the MWC

All enrolled UG & PG learners of NSOU are invited to join the webinar